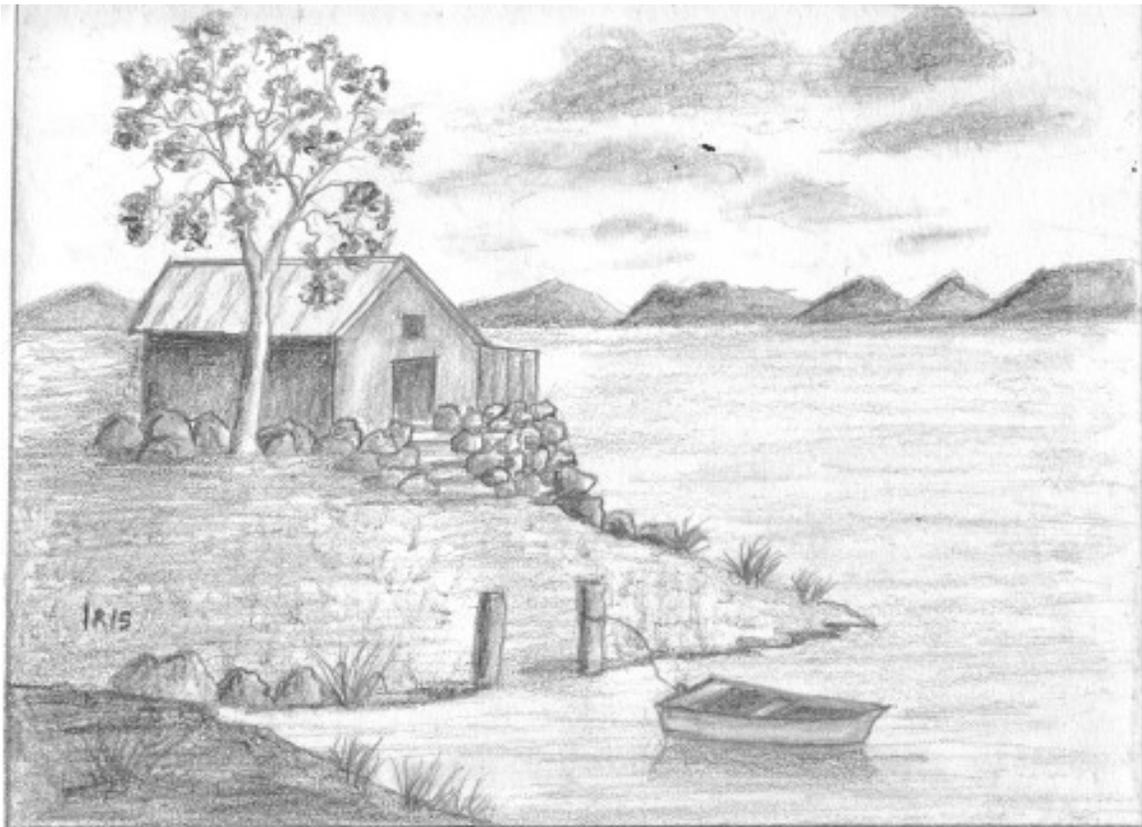


U3A ROCKHAMPTON & DISTRICT INC **JOURNAL**

March 2010



**LEARNING AT LEISURE
LEARNING FOR PLEASURE**

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The Editorial Committee reserves the right to
decide content of the Journal.

MEETINGS:

Open meeting on the first Monday of each
month unless otherwise advised.

TIME & VENUE

9.30am in the Keppel Room at the Frenchville
Sports Club
North Rockhampton.

FROM THE EDITOR:

We have much to be thankful for this past month, with the wonderful, replenishing rains. Maybe a little too much some may say, but it is so good to know most dams are full and the subsoil moisture will carry us through the winter. Our activities for 2009 have been highlighted with the Annual Reports, may the many groups enjoy the year ahead. With our June Journal we welcome the new Editor, Ray Gauntlett and his wife Irene as his assistant. I hope they have the pleasure and enjoyment producing the Journal as I have had over the past three years. They will need your contributions, so please keep them coming in. My best wishes to everyone.
Jill

Quote – Families are like a nice piece of fudge.... mostly sweet with a few nuts!. Anon

The Management Committee of U3A Rockhampton & District Inc.
sincerely thank the CQ University Australia Community Program
for the printing of the U3A Journal

President's Report

Dear Members,

This is my Annual Report in which first of all, I wish to thank you for the honour of having served you as President for a third year.

Our monthly open meetings saw again an entertaining and informative array of Guest Speakers which, even without the Christmas Party and the entertaining December Show & Tell, have made membership of our U3A a most rewarding experience. But apart from that, there are 35 different activity groups, which kept members actively involved throughout the year. You can read about their achievements in the Journal and on our website www.rockyu3a.tripod.com. On behalf of us all, I thank the Activity Group Organizers for their dedication and congratulate them and all who attend their Groups, on maintaining the friendly atmosphere that typifies each of our groups.

One event that deserves a special mention, was the U3A Garden Lovers' very successful Morning Tea in May last year. \$1,224.80 was raised in support of the anti-Cancer campaign. Our thanks go to all, who worked for that event and those who supported it, reflecting great credit on the Rockhampton & District U3A.

Helen Hinchliff's raffles allowed us to increase our annual CQUniversity Bursary to \$750. This was presented at the University's Awards Ceremony in April last year to Matthew Daly, a very worthy recipient. You read about him in last year's June Issue.

In recognition of the close links and mutual support between our U3A and CQUniversity, our Members resolved to invite Professor Scott Bowman the new Vice Chancellor of the University to become Patron of our Rockhampton and District U3A . He has graciously accepted the position and is keen to maintain and strengthen these ties. look forward to presenting Professor Bowman with his Certificate at the Annual General Meeting.

Since July last year there were moves afoot to unite all Queensland U3As under a loosely connected Umbrella Organisation. That eventuated and in November we joined that Organisation, known as "U3A Network – Queensland". That costs us 20 cents per member per year, but it will give us a saving in insurance costs alone, of around \$1.40 per member.

As this year draws to a close and a new one is about to start, I thank the members of the Executive Committee for their dedication and commitment to the welfare of this Organisation and I thank all the U3A for your trust and support. I am excited by the fact, that there will be three new faces on the next Committee, and when we fill the positions of Social Outings Coordinator and Volunteers Coordinator, five. They will introduce fresh ideas and help steer the Committee in providing ever new and exciting experiences for our members.

Kind Regards,
Chris

Annual Reports for 2009

The Painters, Sketchers and Photographers

Field trips: By Carol Giles

Our group put in another good year. Yeppen Lagoon was visited three times. It is a quiet, shady area that has a walking track that links up to the Southern Gardens; well worth a visit, although towards the end of the year the dry weather became a bit 'trying' with dry leaves and grass and not much water around.

We went up to Mt. Archer a month before the fires started and could see the huge amount of long dry grass around as tall as a man, just waiting to go up in flames. How lucky was Rockhampton that we were able to save the day, not forgetting the tireless work of the firemen.

It is great to meet people with the same interests and to see what they are doing. You tend to go home feeling encouraged to work harder. Most of our group attend the Art Appreciation at the Art Gallery with Bill Benson. We have seen a great variety of art, including photos, fabric and beautiful Japanese art. It is a wide subject which covers a lot of styles and mediums, but the main thing for all of us is the lovely hobby that fills the hours.



Armchair Travel: By Valda Carter

Thanks to some very interesting speakers during the year, we travelled to countries around the world and learnt more about our own homeland. All this without booking a tour, packing a bag or getting a passport!

Our overseas trips included a visit to England and a river cruise in Europe; a couple of trips along the west coast of Canada and Alaska. We then journeyed to South America with a climb up the Andes and a wonderful stopover at Machu Picchu and Lake Titicaca. Another talk gave us a look-in at our neighbours in New Zealand.

In Australia, we headed out to western Queensland where one of our members started his long time interest in Lapidary (collecting and working with rocks and minerals). We crossed the Top End and travelled back home via Central and Southern Australia. These trips were in recent times. We then turned back the clock (or calendar) to the 1930's and went from Townsville to Lorne Hill via a dirt road and single lane 'highway'. Remembering the times of no motels, no rest stops with fast food to keep you going and no mobile phones to keep in touch with the world, made us realize how much things have changed over the last half-century.

I would like to take this opportunity to thank our 2009 speakers and to invite more members to join us in our travels at Athelstane House on the third Friday morning of each month.

Annual Reports: continued

The Embroidery Group: Pat Lorroway

We started the year by working on a piece using gold and silk threads. The finished work was then framed displaying a lovely picture. 'Deerfield', a blue and white embroidery was then made for a bag. This was followed by Cross Stitch, Hardanger, Ukrainian work and knitted socks. We finished the year with a Candlewick Table Mat using a Christmas theme. Thank you for your pieces for Show and Tell. Lots of laughter and chat made the first and third Wednesday of the month productive and enjoyable. We celebrated at the end of the year with a lovely lunch at Delizes' Restaurant.

The Mahjong Group; By Mary Lowe

This has been a good year for Mahjong.

We meet every Tuesday from 1pm until 4pm at the Rockhampton Village which is situated in Pauline Martin Drive, off North Street.

The residents who live at the Village are also invited to join us. Some do take up the offer and enjoy themselves.

Last year, we had luncheons before our usual Mahjong game, at Easter, the Melbourne Cup and Christmas, which we all enjoyed.

We would welcome any U3A members who would like to join in a friendly afternoon and learn the game. Someone is always on hand to help.



The Mahjong Ladies

Annual Reports: continued

In Voice: By Annette Farrer

What happens at 'U3A In Voice' under the house at 8 Mansfield Street, Wandal Rockhampton on a Wednesday morning from 9.30 – 11am. is about to be disclosed.

Fanfare, Trumpets Ta ta ta ra, ta ta ra.

At times we sing, yodel, SHOUT. We tell jokes, we talk jibberish, we may tell a story that has no ending. Of course on the serious side of things, we do warm- ups, vocal and articulation exercises. In addition to the hilarity and nonsense we learn to speak with confidence in public, by exercising our natural ability to project what God gave us to communicate to each other with THE VOICE.



*The 'In Voice' performing at the 2010
Christmas Luncheon*

C Q University Community Sports Centre Activities: Shirley Hopkins

Resistance Training

This activity continues to be popular and is highly recommended for our seniors. It is a great social meeting place. Just a few of the benefits are increased joint stability, reduction in onset of cardiovascular disease, a reduction in the risk of falls, and help with rehabilitation.

Most seniors attend on Tuesday and/or Thursday mornings, but the program can be carried out at any time during the regular gym hours.

(Continued on next page)

Aerobics

Many seniors combine Aerobics with Resistance Exercise and is programmed for 8.45am-9.30am each Tuesday and Thursday mornings when 15-20 people, including males meet. Some of the benefits include increased mobility, improved balance and co-ordination as well as a general feeling of well-being.

Swimming

There is a heated pool available for seniors all year round and the activity is particularly valuable with rehabilitation after injury or surgery.

Cost

All three of the above activities can be carried out in the same sessions for a small \$6.00 fee. It is recommended that the above activities be taken twice a week.

Aqua Aerobics at Caribee Swimming Centre:

Cnr. Richardson Road & Menzies Street.

Aqua is still popular with U3A members and is an activity which can be undertaken by people who find floor activities too demanding. As well as improved medical problems, Aqua gives people a general feeling of well-being and lifestyle with great social interaction.

Caribee owners have been particularly generous to U3A members who can participate in any sessions which are held Monday-Thursday and Saturday morning at the small price of \$5.00 compared with the normal price of \$8.50.

Most seniors attend on Tuesday and the two sessions on Thursday.

Koala Choc's Fundraiser

Members of the CQ Volunteers wish to thank U3A members for their continued support.

Members visited Springsure, Tambo and Hughenden in 2009 and although numbers of Koalas are small, there is optimism for their future.

Congratulation on a 90th Birthday

Sr. Mercia Hawkins who is an Aqua participant will celebrate her 90th Birthday on 21st March 2010. Imagine the changes she has seen in her time.

Shirley Hopkins

A Pleasant Walk

By Rita Diplock

She teetered along the grassy footpath in front of me in impossibly high stilettos. Artistically uneven hair hung to her shoulders.

Clad in clinging black; slender hips encircled by a silver studded belt, the young fellows across the road expressed their appreciation in a manner that hasn't changed since I was her age. Perhaps it was the whistles that made her stumble rather than the uneven footpath. Staggering to regain her balance with some inelegant manoeuvring she managed to stay upright. I suspect if she had fallen and first aid was needed, I would have been knocked down in the rush by the young fellows over the road,

Looking neither right nor left she stepped onto the bitumen. It was then I noticed the platform soles of the strappy black concoctions she wore. No wonder her heels were so high. They bought to mind my only pair of stiletto heeled shoes purchased when I was young and foolish. I wore them to the show and before I'd had them on five minutes I'd regretted my choice. Walking through the pavilion, one heel went into a gap between the floorboards and stuck fast. The only way I could free it was to step out of the shoe, bend down and tug it out, an exercise my companions (and others around) found amusing. After a repeat of this, I concentrated more on the floor than the exhibition.

By late afternoon my feet ached and I looked forward to a seat on the bus. But with the crowd, it was standing room only, followed by a walk of four blocks to my home. I never wore those shoes again.

Slowing my pace, I walked behind the girl, fascinated by those heels until I turned down my own street. Arriving home, I set about preparing lunch. Pottering around in comfortable shoes I smiled, I knew exactly what she would do when she got home. She would collapse into the closest chair and rip off those shoes!

SUBURBAN SOUND

By Rita Diplock

Each night around seven comes a feeling of despair
As a steady, rhythmic drum beat, is borne upon the air.
It must be a synthesizer, with its' steady drumming beat
I poke my fingers in my ears and slump down in my seat.
You cannot call it music, but when it starts to play
It makes me glad I,m not next door, but live a street away.
It isn't very loud but insistent and intrusive
And fills each corner of the house; its range is all inclusive.
Physically I am unhurt; there is no searing pain
But I'm sure this rhythmic, thumping beat is damaging my brain.
To try and drown this torment out, I put on a CD
And the neighbours around all hear it. It isn't only me.
The street address of this machine, oh how I wish I knew it
I'd love to sneak around one day and put an axe right through it

WHATS ON IN THE COMMUNITY

March

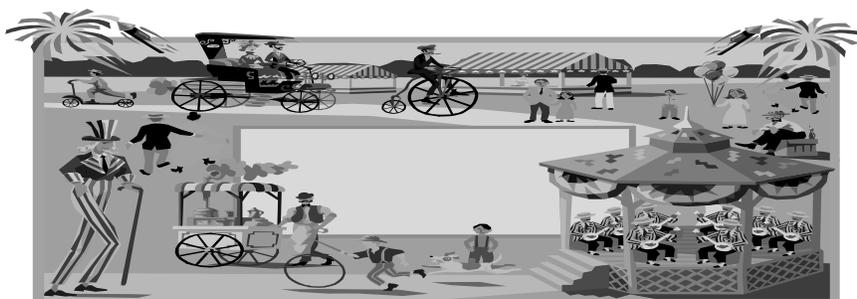
3rd	Acrobat Allstars Chinese Artists	Pilbeam Theatre
5th	'The Cool Change' Tour Glen Shorrock, Wendy Matthews and Doug Parkinson	Pilbeam Theatre
7th	Charmaine Wilson 'Spirit Whispers'	Pilbeam Theatre
10th	Hollywood Classics 'Vertigo' James Stewart and Kim Novak	Walter Reid Centre
14th	Market Day	Heritage Village
19-21 st	'Miss Saigon' Rockhampton Regional Artists	Pilbeam Theatre
26-27 th	'Miss Saigon' Rockhampton Regional Artists	Pilbeam Theatre
29 th	Toni Childs Singer	Pilbeam Theatre

April

t	Hi 5 'Surprise' National Tour	Pilbeam Theatre
6 th -8 th	School holiday activities	Heritage Village
9-10 th	The Rhythms of Ireland Irish Dance Company	Pilbeam Theatre
18 th	Sunday Poets and Musicians	Art Gallery
19 th	Morning Melodies - John McNally	Pilbeam Theatre
29 th	Hollywood Classics 'The Desert Rats' Richard Burton, James Mason	Walter Reid Centre
23 rd	The Deltones	Pilbeam Theatre

May

7th	The Melbourne Company Road Show	Pilbeam Theatre
9th	Market Day	Heritage Village
18 th	Hollywood Classics 'Giant' James Dean, Elizabeth Taylor	Walter Reid Centre
30 th	Multicultural Day	Heritage Village
30 th	Sunday Poets and Musicians	Art Gallery



First Light

By Helen Holden

*As I walk along the beach
In the 'piccaninny dawn'
A feeling of peace and rightness
Floods through me across the dune
But there's no one here – except God and me.*

*The ocean comes to meet me
And drops her treasure on the sand
The wind gently caressing
Blows sea spray on my face and hands
There's still no one there - except God and me.*

*Like a miracle unfolding
The sun peaks and spills across
Like treacle on a pudding
It's that final touch
And there's no one there – except God and me.*

*I would love to have shared this feeling
Of oneness with the land
Then on the beach I spotted
Footprints in the sand
My heart was light and gladdened
That I should actually find
Someone else here – except God and I.*

How to 'DANCE IN THE RAIN'

Submitted by Edna Brown

It was a busy morning, about 8.30 am when an elderly gentleman in his eighties arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9.00am.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided since I was not busy with another patient, I would evaluate his wound. On examination, it was well healed, so I talked to one of the other doctors and got the needed supplies to remove his sutures and redress his wound.

While taking care of his wound, I asked him if he had another doctors' appointment this morning as he was in a hurry. The gentleman told me no, that he had needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health.

He told me that she had been there for a while and that she was a victim of Alzheimer's Disease. As we talked, I asked if she would be upset if he was a bit late.

He replied that she no longer knew who he was, that she had not recognized him in five years now. I was surprised, and asked him. "And you still go every morning, even though she does not know who you are?"

He smiled as he patted my hand and said "She doesn't know me, but I still know who she is."

I had to hold back the tears as he left, I had goose bumps up my arm and thought,
'That is the kind of love I want in my life. True love is neither physical nor romantic.
True love is an acceptance of all that has been, will be, and will not be.
The happiest people don't necessarily have the best of everything, they just make the best of everything they have.

Life isn't about how to survive the storm,
but how to dance in the rain.

From th Outback to the Sea, Come Walk with Me

By John Stanton

Chapter Five – Back to my Birthplace

Once again we moved back to Rockhampton and purchased a house in Rose Street. History had repeated itself, here we were living in the same street that I had been born in and I had started work at the railway where my father had started many years ago. We had traded in our car for the deposit on our house, so each day I would cycle to work at Nankin. Working as a fettler keeps you fit and bike riding kept me in very good condition! It was during this time that the Gladstone meatworks closed down and we had a lot of men from there in the gang. Most of them had never worked on the line before and so we had our work cut out trying to teach them. It was not long before we had a very good group of workers.

Several months were spent in Mt Morgan. Work had to be done between trains. I remember one particular job where two crossings had to be replaced at the one time as they virtually ran together. Every morning I would check with the Station Master regarding the train times. After several days he informed me that we would have two and a half hours in the morning free of trains, so this gave us plenty of time for the job. It was quite a big undertaking as once the last train was across, we started tearing up the track. About three quarters of an hour later the Station Master came down and told me that there was a special train due in half an hour. By this time we had completely removed the crossing and there was no way we were going to have the line ready in time. He was not impressed and started ranting and raging, I told him that he had given us the time and that was what it was going to take. We finished the job under time but still had to hold the train up for a while.

We had a mixed lot. I remember an Irishman in our gang who was a very good worker but hated Australians. Jack had a blue cattle dog pup, and he thought the world of him, he also liked a beer or two. I had a hut next door to him and one night, after he had been to the bar and returned home a bit under the weather. I heard him say to the pup, "I suppose I had better feed you, I don't know why I bother you look like an Australian dog to me!"

In this job it helped to have luck on your side. I remember one very hot day while we were having lunch, the 'Sunlander', the air conditioned passenger train from Brisbane to Rockhampton, passed through the section of track where we were working. I heard a lot of noise and went to investigate the track. What I found was not a pretty sight. The track had buckled badly, there was a four mile speed limit on the section where we were working, but some drivers of these high speed trains took little notice of these restrictions. The buckle was so great that we had to cut nine inches out of the track to get it back into line again. We were very lucky not to have had a major derailment that day.

It was about this time that our third child arrived on the scene. Carol Alene was born on the thirteenth of July. This event threw a different light on our future as I felt that I was spending far too much time away from the family.

(Continued on next page)

(Continued from previous page)

Decisions

I decided that I should apply for a transfer. It was not long before I was appointed to position of ganger at Quilpie, I was there for one week, then about two weeks later I was transferred to Capella, I found out later that the engineer wanted me to straighten up the length of rail and get it back in good condition again.

The stress of the past few years trying to make some headway in life, our frequent moves and trying to manage some family life was taking its toll on me. So I decided to return to the land. I found a position on a property called 'Currawong' on the Dawson River not far from Theodore. We were happy to be back in the bush again. By this time Robert and Dianne were school age, so Alene had to teach them by correspondence. Dianne was a very good student but Robert was more interested in what was going on outside and it became obvious that we would have to leave to be near a school.

This time our move was to Baralaba and then to Wycarbah where there was a small school. It was about this time when coal traffic from the Blackwater region was starting to increase and special gangs were formed to increase the loops back to the central line. So it was back to that railway for me, but only for a short time the land called. For a while we were with Sandy Bredhauer at 'Hilverston'. Then it was onto 'Kelso' at Marlborough; on both properties I had experience with irrigation. When "Kelso' was put on the market I decided not to stay on and applied for a job advertised through the Morning Bulletin. This was the first time I had ever applied through a newspaper, before it had always been through a Stock and Station agent. The job was for a manager on a central Queensland island. Although sheep had always been run on the island the owners were changing to cattle. I was selected and we set off to start our life on Quail Island which was near Plum Tree Creek in the Stanage Bay area. This decision was the start of a whole new lifestyle for the family and everyone was very excited about this move.

We decided to trade in our Holden Car for a second hand Landrover tray back utility, and this proved to be a wise choice. I had already purchased a twelve foot aluminium dingy and small outboard motor which we used to go fishing in the creeks and causeway lakes. This was the extent of my experience with boats, seamanship and the sea. With high tides and strong currents in the Plum Tree area I was going to have to learn very quickly the timing of all movement of equipment and stock to and from the island. This all had to be coordinated with the tides.

The big day arrived and we loaded our gear onto the barge and headed across to the island. It is not very far but if you attempted to cross at the wrong time of the tide it could be very dangerous. When we were unloading onto the beach, there was a small swell and just as Sally our milking cow was about to step off the barge a small wave came along and instead of stepping into water about a foot deep she stepped onto a depth of three feet, and took a dive headfirst. Not the best way to be introduced to the island. The rest of the gear was unloaded with out further incident.

(To be continued)

BUILDING PARTNERSHIPS

News from the CQUniversity Community Relations Coordinator

Even though we are already in to the second month of 2010, I'd still like to take the opportunity to wish a very happy New Year to all of the U3A members. The University is gearing up to the 2010 intake of new and returning students with O Week (Orientation Week) due to commence at the end of this month. Domestic offers for Term 1 across the University are considerably up on past years, returning to rates experienced three and four years ago.

So this means large numbers of new students about to set off on a journey that could transform their lives. Many of those students will be mature aged, people who have decided on a path that will fulfil their potential or provide greater opportunities for their families. Many of them will be the first member of their family to embark on a University education and for even more of them; their time at University will be a real commitment of resources, both physical and financial. Hobson's Good Universities Guide 2010 said that...many CQUniversity students come from backgrounds that are traditionally under-represented in higher education, including indigenous or low socioeconomic backgrounds that may not fulfil their potential without CQUniversity's special pathways and that its encouragement and support attracts students who might otherwise not enter university. In the future, private philanthropic support for higher education will play an ever increasing role in allowing the University to continue to boost access and build excellence. In a recent Be Magazine article, Krista Slade, an Executive Director of the Council for Advancement and Support of Education (CASE), said "Private support for higher education in Australia should be about the *margin of excellence*, not replacing government support for higher education".

The White Hat Guide to Philanthropy in Australia web site (www.whitehat.com.au), says that while "on the one hand the Australian public is internationally recognised as one of the most generous people in the world when it comes to individual giving to events such as the Boxing Day Tsunami...where Australia features less well, is in the areas of corporate philanthropy and philanthropy from comfortable *middle Australians*".

Sidney Myer, Sir Macpherson Robertson, Dame Elisabeth Murdoch, Dick Smith, Kerry Packer, Walter & Eliza Hall and Alfred Felton are all well known Australian philanthropists, people who have contributed to the lives and well-being of others. There are however, many unknown Australians, ordinary men and women whose names are unknown to us, who have chosen to leave bequests in their will to benefit others. Leaving a bequest means that you have the use of your funds or property during your lifetime, leaving part or all of your money or property to a place of personal interest, once you are gone. There are many ways of doing this, for example, a percentage of the residue of your estate once family and friends have been provided for.

Krista Slade says that a scholarship changed the trajectory of her life, opening up a whole new international career where she has been able to go on to make a difference in the lives of others. She's passionate about scholarships that provide access and opportunity.

A bequest from you, small or large, could contribute to supporting an area of interest or concern to you. Maybe its juvenile diabetes or projects in the humanities that are chronically under-funded, or just simply the desire to assist a future student or potential student to change the trajectory of their life.

Want more information? Please contact me.

Glenys Kirkwood, Coordinator CQUniversity Community Program

ACTIVITIES 2010 (Revised March 2010)

Legend: * = continues all year NA = new activity SA = shared activity

MONDAY

GENERAL MEETING *Frenchville Sports Club, Clifton Street, North Rockhampton*
Chris 4928 8816 Monthly, 1st Monday - 9.30am (Except January)
Luncheon to follow (bookings required). Venue to be announced at meeting.

Margaret 4928 2757

SCRABBLE *I. L. U. No 1, Gracemere Gardens, Gracemere*
Joan & Roy 4933 3324 3rd and 4th week, 1.30pm

TUESDAY

***MULTI-CRAFT** *31 New Exhibition Rd., Sth R'ton*
Molly 4927 4325 2nd & 4th weeks, 10am - 2pm Supply own materials

SA* MAHJONG *Garden Village, North Street, R'ton*
Mary 4928 5059 Weekly, 1.00pm

***TAI CHI (Prct, all grades)** *Botanic Gardens near Lagoon, Rockhampton*
Olga 4928 4325 Weekly, 7.30am

SA INVESTMENT GROUP DISCUSSION *255 Elphinstone Street, North Rockhampton*
Arch 4928 6653 3rd week, 10.00am

SA SINGING GROUP *284 Dawson Road, Rockhampton*
Glenda 4922 3662 Weekly, 9.30am

SA* RESISTANCE TRAINING *Community Sports Centre, Yaamba Rd, Nth R'ton*
Shirley Hopkins 4936 4792 Weekly, 7.30am - 8.30am

AEROBICS EXERCISES & SWIM *Community Sports Centre, Yaamba Rd (Heated Pool)*
Shirley Hopkins 4936 4792 Weekly, 8.45am - 9.30am Cost \$6.00 for one or all

SA* AQUA AEROBICS *Caribee Swim Academy, 135 Menzies St., Nth. R'ton*
Jodie or Margaret 4926 1650 Weekly, 11.00am for 1 hour Cost \$5.00
Shirley Hopkins 4936 4792

HERITAGE TEDDY BEARS *3 Frenchmans Lane, North Rockhampton*
Lorraine 4926 0432 1st & 3rd Tuesday, 9.30am - 11.30am

SA* BUSHDANCING *Tobruck House, Archer Streets, R'ton*
Shirley Hopkins 4936 4792 Weekly, 7.30 pm – 9.30pm Cost \$3.00

WEDNESDAY

BOOK LOVERS GROUP *Meet at Margaret Keene's 4/128 High Street, North Rockhampton*
Judith 4928 3386 4th Week, 10.00am

SA* TABLE TENNIS *Campbell St., South Rockhampton*
June 4928 7170 Weekly, 3.00pm Cost \$2.50

WRITING FOR PLEASURE *CQU Room*
Rita 4922 8807 1st week, 9.30am – 11.30am

EMBROIDERY *CQU Room*
Pat 4927 4493 1st & 3rd week, 2.00pm - 5.00pm

SPEECH GROUP *8 Mansfield Street, Rockhampton*
Annette 4922 3400 Weekly, 9.30am - 10.30am

THURSDAY

***COMPUTER CLUB** *New Library 1st Floor*
Nick Quigley 4928 2554 Weekly, 3.00pm - 5.00pm

DISCUSSION - CURRENT AFFAIRS *255 Elphinstone St., North Rockhampton*
Arch 4928 6653 3rd week, 3.00pm - 5.00pm

SWIMMING FOR FUN & EXERCISE *Ireland's Pool (heated) Shopping Fair, Nth. R'ton*
Avian 4936 3052 Weekly, 7.30am - 8.30am Cost \$5.00

SA* RESISTANCE TRAINING *Community Sports Centre, Yaamba Road*

Shirley Hopkins	4936 4792	Weekly, 7.30 - 8.30am
AEROBICS EXERCISE & SWIMMING		<i>Community Sports Centre, Yaamba Road (Heated Pool)</i>
Shirley Hopkins	4936 4792	Weekly, 8.45am - 9.30am Cost \$6.00 for one or all
FRIDAY		
*COOKING CLASS	<i>Athelstane House, Ward Street</i>	
Sally	49261574	2nd Friday each month, 10.00am - 2.00pm
* TAI CHI	<i>Kershaw Gardens, off Knight St., North Rockhampton</i>	
Olga	4928 4325	Weekly, 7.00am
* GARDEN LOVERS CLUB	<i>Different Gardens each month (Advised at General Meetings)</i>	
Audrey	4926 2345	4th week, 9.30am
* WATER COLOUR PAINTING	<i>8 Mansfield Street, Rockhampton</i>	
Annette	4922 3400	1st and 3rd week, 2.00pm
ARMCHAIR TRAVEL	<i>Athelstane House, Ward Street</i>	
Valda	4928 2119	3rd week, 9.30am - 11.30am
LINE DANCING	<i>Square Dancing Hall, Kingel Park, Fitzroy St., Sth. R'ton</i>	
Sue	4922 3421	Weekly, 2.00 - 4.00pm Cost \$5.00
PENCIL DRAWING	<i>7 Gardenvale Court, Hillside Est. off Norman Rd</i>	
Keith	4928 9505	Friday after Gen. Meeting, 9.30am - 11.30am
SA SQUARE DANCING	<i>Square Dancing Hall, Kingel Park, Fitzroy St.</i>	
Rob	4926 7075	Weekly, 7pm - 9.30pm Cost \$4.00
SATURDAY		
SA* AQUA AEROBICS	<i>Caribee Swim Academy, 135 Menzies St., N.R'ton</i>	
Jodie or Shirley Hopkins	4926 3314 4936 4792	Weekly, 7.00am - 8.00am Cost \$5.00
PERSONAL ARRANGEMENTS		
COMPUTER CLASSES	<i>New Library 1st Floor</i>	
COIN – Belinda	4923 2561	2 hour weekly
Course length varies. Keyboard & Mouse plus Basic Windows XP, Word 2003, Vista, Word 2007		
FAMILY HISTORY/GENEALOGY	<i>Consultation at Tutor's or person's home</i>	
Helen	4928 2233	By Appointment
NA HERALDRY	<i>190 German Street, Norman Gardens</i>	
Ken	4928 3687	By Appointment - contact tutor
SPECIAL ACTIVITIES		
<i>Topic and time will be announced at the general meeting before the Scheduled Activity</i>		
ART APPRECIATION TOURS	<i>Rockhampton Art Gallery</i>	
Bill	4928 4447	2nd Thursday of month, 2.00pm
FIELD TRIPS FOR PAINTERS, SKETCHERS & PHOTOGRAPHERS		
Carol	4926 1885	
Shirley	4922 8247	
Saturday after open meeting:-10.00am - 2.00pm, dates to be announced at meetings (starting March)		
To be advised at General Meetings		
NB. Identified costs are mainly for venue hire. Materials for activities are extra depending on what you use.		



U3A Rockhampton & District (Inc)

MEMBERSHIP APPLICATION FORM

I/We _____

(Postal Address) _____

(Postcode) _____ Phone _____ Fax: _____

Email: _____ Preferred Name: _____

Hereby apply for membership of the U3A Rockhampton & District Inc.

SIGNED: (1).....DATE.....

(2).....DATE.....

PROPOSER*:

SECONDER*:

*BOTH THE PROPOSER AND SECONDER TO BE FINANCIAL MEMBERS.

Previous Occupation / Skills / Hobbies / Interests:

.....
.....
.....

FEES: ANNUALLY

Membership \$15.00

U3A Badge \$7.00 each

FEES FOR NEW MEMBERS AFTER 30 June:

Membership \$7.50

U3A Badge \$7.00 each

TOTAL PAID \$.....

Please Return to: The Secretary, U3A, PO Box 8160, ALLENSTOWN QLD 4700